

See Page 5 for our
Demo Blowout!

ON NOW
ONLY AT: **Birchwood
FORD**
ON REGENT



THE UNIVERSITY OF
WINNIPEG

Professional, Applied and
Continuing Education

INVEST IN YOURSELF

PAGE.UWINNIPEG.CA

Winnipeg metro

URBANETIQUETTE
Lottery tickets
and the law of
the lineup



Your essential daily news | MONDAY, MAY 16, 2016

High 16°C/Low 6°C Mostly Sunny ☀️

RAPE JOKES, from a *survivor*

Kathleen McGee
will be part of a
show meant to
help women heal
metroNEWS



COURTESY ROB TRICK

City won't commit to 'I do' date

CITY HALL

**Couples may
need to seek
other venue**



**Stephanie
Taylor**
Metro | Winnipeg

With wedding season only a few weeks away, couples hoping to save a few dollars and tie the knot at city hall may get stuck waiting to say "I do."

Jenna Priesen says she and her fiancé, Eric Cook, were thinking about doing things the "easy way" and getting married at city hall this summer, but are now looking at other options.

"We were kind of excited since we don't want a big wedding," said Priesen, who is getting married in September. "We thought

it would be nice but we didn't want to wait too long and city hall said they weren't ready, so we're doing (the ceremony) in my friend's backyard."

A spokesperson says city clerks are still working on a way to conduct civil weddings, which was included as part of the 2016 operating budget.

"City clerks are developing a process for city hall marriages. Please feel free to check in at regular intervals for updates," David Driedger wrote in an email. When asked about the expected end date for plans, Driedger said, "later this year."

At the time it was announced, a wedding at city hall was expected to cost \$500. During March's budget presentations Mayor Brian Bowman joked the initiative was introduced to encourage more love at city hall.

WITH FILES FROM ELISHA DACEY

INVEST IN
— YOUR —
FUTURE



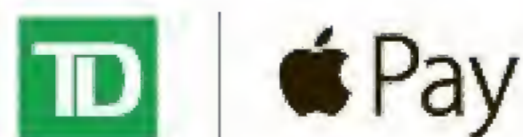
THE UNIVERSITY OF
WINNIPEG

Professional, Applied and
Continuing Education

Questions? Join us for an Information Evening on May 18, 5:30PM
Buhler Centre, 460 Portage Ave. | PAGE.UWINNIPEG.CA

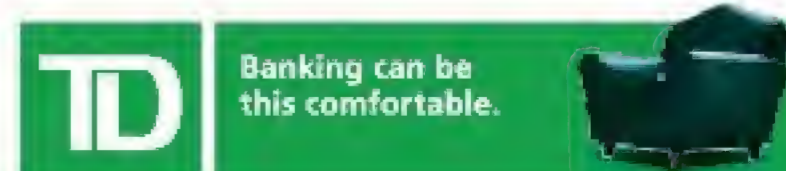
Apple Pay: A new, easy way to pay.

Coming soon.



Soon you'll be able to add all personal TD Visa* Credit Cards
and your personal TD Access Card to Apple Pay™.

Visit td.com/applepay for details



All trade-marks are the property of their respective owners. Apple, the Apple logo, iPhone and iPad are trademarks of Apple Inc., registered in the U.S. and other countries. Apple Pay and Touch ID are trademarks of Apple Inc. ©The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

‘We’re selling ourselves short’

PUBLIC TRANSPORTATION

Councillor favouring LRT says bus plan not best option

Braeden Jones

Metro | Winnipeg

While the train may have left the station on a nearly \$600 million dollar plan to bring bus rapid transit (BRT) to the Southwest portion of Winnipeg, the area councillor of the region next on the list to receive an expansion hopes officials have not ruled out light rail transit (LRT) as an option.

“We’re selling ourselves short by just building BRT,” said Transcona Coun. Russ Wyatt.

“Our city has grown and is growing. I think we really need to look at LRT. The future of the city is that, there’s no doubt in my mind that Winnipeg is going to grow.”

Wyatt was responding to the city’s announcement that a request for proposals had been issued to hire a company to complete a study of the best route for a BRT line connecting downtown to Transcona.

He said the city should expand its transit vision beyond what is outlined in the 2011 transportation master plan and its commitment to build BRT, which a task force chaired

by Wyatt recommended back in 2005.

The reason to change, he said, is due to the city’s rate of development, which he only expects to continue — an argument used in 2014 when the debate of LRT vs. BRT resurfaced at city hall.

“Why build based on a plan of the last 20 years, why not build it based on a plan for the next 20 years, that’s really what it comes down to,” Wyatt said.

His concerns are echoed in an October 2015 briefing note sent from Dave Wardrop, director of transit, to Doug McNeil, the city’s chief administrative officer, which was obtained by Metro under freedom of information legislation.

In it, Wardrop writes, “Recent development and forecast development are expected to extend the reach of some of these (BRT) corridors beyond what was envisioned in the 2011 Transportation Master Plan.”

Wyatt says he’s had preliminary discussions with Mayor Brian Bowman on planning for an LRT line, and is hopeful it will be examined sometime this year.

The city currently has a vision worth billions to build six BRT lines. Bowman campaigned on having all six phases completed by 2030.

If all goes according to plan, the first phase, which is a Southwest line, will be finished by 2019.

“**Why not build it based on a plan for the next 20 years.**”

Coun. Russ Wyatt



Coun. Russ Wyatt says Winnipeg deserves to have an LRT system, not just bus rapid transit. **He argues a light rail network is the type of public transportation the city needs to meet the future demands of a booming region.** HANDOUT/DILLON.CA

SOUTHWEST LINE

City names phase two rapid transit contractor

The city says it has moved its rapid transit plans a little further down the line.

Plenary Roads Winnipeg (PRW) has been named as the preferred contractor to build the second stage of the Southwest Rapid Transitway, and the city is seeking another contractor to start examining potential routes between east Winnipeg and downtown.

Stage two of the Southwest Rapid Transitway will also include the proposed Pembina Highway underpass.

Mayor Brian Bowman said in a prepared statement the new rapid transitway and underpass will allow buses to bypass heavy traffic volumes on Pembina highway, which in turn will lead to more accurate bus timing and improved service.

Naming PRW allows the city to iron out the financial and contractual obligations of the Southwest Rapid Transitway with the company in order to award the contract, said the city.

In June, council delegated authority to award the project to the preferred bidder once the negotiations are completed.

As the project is a public-private partnership (P3), PRW

would be a major partner trusted to design, build, finance and maintain the Transitway for the next 30 years.

Construction of the Transitway and underpass — with a total budget of \$587.3 million coming from all three levels of government — is meant to begin in the summer of 2016.

BRAEDEN JONES/METRO

25% DISCOUNT

Upon purchase of a meal valued at \$10 or more before tax, receive a 25% discount on that meal.

Promotions are valid upon presentation of this coupon only. Not valid in conjunction with any other offer. One coupon per client, per visit. Not valid on the "Early Bird" menu, and holidays. Valid from Monday to Saturday at Ben & Florentine Winnipeg. Expiration date: July 1, 2016

Ben & Florentine

BREAKFAST • LUNCH

155 Scurfield Blvd.

Corner Kenaston Blvd.

204.615.5236

OPEN EVERY DAY FOR BREAKFAST AND LUNCH

Critic pans bike-safety ideas

ROADS

Councillor aims to reintroduce licensing and require helmets



Stephanie Taylor
Metro | Winnipeg

With city hall preparing to spend millions on new cycling infrastructure, one civic leader is calling for widespread safety reforms, including mandatory helmets and the reintroduction of bike licensing.

It's a proposal that at least one advocate warns would send the wrong message to potential cyclists.

This week, Coun. Russ Wyatt will ask a community committee to direct city staff to study a mandatory helmet rule for all cyclists, along with bringing in new rules for safety gear, such as bells and lights.

"You have to have a horn with your car, you have to have lights on your auto-



Kids currently have to wear helmets, but Coun. Russ Wyatt says everyone should have to wear one when riding a bike. THINKSTOCK

mobile, you have to have seatbelts, and we take it for granted," he told Metro over the weekend.

"We're behind when it comes to applying the same safety rules of the road when it comes to cycling."

1982

The year the City of Winnipeg discontinued its bike-licensing program

Manitoba introduced legislation in 2013 that says people under 18 must wear helmets.

Wyatt said he is unsure whether provincial approval would be required to bring in a similar rule for all cyclists or if it could be enforced by

city bylaws.

Currently, only five Canadian provinces have helmet laws.

Wyatt said that given the rising number of people choosing to bike, a combination of safety reforms needs to be examined, including the possibility of requiring cyclists to licence their bikes.

"It may need to come back in light of the fact we want to ensure that cyclists are safe and that the rules of the road are obeyed," Wyatt said.

Mark Cohoe, executive director of Bike Winnipeg, disagrees. In fact, he says these efforts would discourage people from biking.

"Through a mandatory helmet law, you're really pushing out a message that biking is unsafe," he said.

"I'm not sure that's a message we want to be putting out there. I think the message we want to be putting out is

that getting out, getting biking, being active is a definite health benefit."

Although the group recommends wearing a helmet, Cohoe says its effectiveness as a piece of safety gear is often exaggerated.

Making them mandatory could also be cost prohibitive to those with tight incomes, as they require replacement every few years, he said.

"We're far better off looking at things that actually do improve safety for people who are biking," said Cohoe, pointing to increased spending on protected bike lanes.

He added that bike licensing would only usher in a layer of bureaucracy with little value for money, given the costs and resources it would take to administer such a program.

The matter is headed to Tuesday's meeting of the East Kildonan-Transcona community committee.

“

You're really pushing out a message that biking is unsafe.

Mark Cohoe

Manito Ahbee | PRESENTED BY MANITOBA LIQUOR & LOTTERIES

CELEBRATE

INDIGENOUS MUSIC CONCERT

FRIDAY, MAY 20, 2016
CLUB REGENT EVENT CENTRE

PROUDLY PRESENTED BY MANITOBA LIQUOR & LOTTERIES

FEATURING PERFORMANCES BY:

SUSAN AGLUKARK	WILLIAM PRINCE
DEE ERIN BAND	RHONDA HEAD
TWIN FLAMES	RESCUED BY DRAGONFLY
FAWN WOOD	STONE PARK SINGERS

#MAF2016 MANITOAHBEE.COM



Residents in the North End are hoping a green space unofficially being used as a dog park will become an official off-leash park. THINKSTOCK

PUBLIC SPACES

North End residents seek to legitimize off-leash dog park

Residents asking for an off-leash dog park in Winnipeg's North End are headed to city hall to make their case.

A group called Friends of a North End Dog Park has requested to make a short presentation to members of the Lord Selkirk-West Kildonan community committee on Tuesday.

Representative Donna Henry says more than 1,100 people have signed a petition to establish an off-leash dog park

at the Old Exhibition Grounds on Dufferin Avenue.

Residents say there is no protected area in the North End where they can let their dogs run free, the creator of the petition told Metro back in March.

"Friends of a North End Dog Park is asking the city to designate a patch of unused green space in the Old Exhibition Grounds near Dufferin and Sinclair," reads the petition. "The site has served as an unofficial

neighbourhood dog park for years, but people who let their dogs off-leash risk hefty fines.

"Nicole Joy, one of the organizers, says the neighbourhood has needed an off-leash dog park for a very long time. 'We need a place where people can go to socialize their dogs properly, where dogs can be around other dogs and people. It's hard to socialize your dog by walking it on-leash on the street.'" STEPHANIE TAYLOR/METRO

Ignite Your Spirit



TICKETS AT ticketmaster.ca



'This show is for survivors'

SEXUAL ASSAULT

Comedy show empowers women to tell their stories



Meg Crane
For Metro | Winnipeg

Can rape ever really be funny? Perhaps if it's survivors telling the jokes.

Two women are taking rape jokes across the country, with full support from most victims.

"Every part of your life is funny," said Heather Jordan Ross, co-creator of the touring comedy show Rape is Real and Everywhere, and a survivor of sexual assault herself.

"When something happens to you, there are little details (that are humorous). Like, the police officer I reported to was a total babe," said Ross.

She and fellow comedian Emma Cooper began organizing comedy shows about rape, by survivors, in Vancouver.



Heather Jordan Ross is co-creator of Rape is Real and Everywhere. CONTRIBUTED

The shows sold out.

When someone is raped, Ross said they often have difficulty understanding how it fits into the story of their life, not

knowing who to tell or whose fault it was. But turning the experience into a comedy bit can be empowering because it allows them to tell their own

story, she added.

"This show is for survivors. It's for regular people. It's a comedy show. It's just exploring a topic that we think is

“Every part of your life is funny.”

Heather Jordan Ross

super important.”

Ross and Cooper have held three sold-out shows in Vancouver, and now have scheduled a cross-Canada tour to get people talking.

As long as victims stay silent, perpetrators of sexual assault are the dominant voice, Ross said.

She hears people enraged when someone dings their car, but then stay silent about being raped, and she wants to see that change.

"This is a conversation that's not happening on any platform, let alone a funny platform," said Ross.

Rape is Real has two scheduled shows in Winnipeg on Friday and Saturday at the King's Head Pub. The lineup includes travelling comedian Kathleen McGee as well as local comics Lara Rae and Nelson Mayer.

MUSIC

Brooks to play 4 dates

Garth Brooks is coming back to Winnipeg after a two-decade absence for not one, but four shows.

True North Sports and Entertainment says the country music icon will be performing at the MTS Centre on June 17, twice on June 18, and a final show added June 19.

More than 46,500 tickets have already been sold, beating Brooks' previous ticket sales in the city from 1996, organizers say.

Fans can also see country singer Trisha Yearwood, who is accompanying the country music artist on tour.

Tickets have been on sale since May 13. They are \$79.98 no matter where you're sitting. There is an eight-ticket limit.

Tickets are available online only at ticketmaster.ca/garthbrooks.

\$79.98

Ticket price, including all taxes and fees.

★ PEOPLE WHO ★

TRY BIRCHWOOD FORD BUY BIRCHWOOD FORD

"If you want a deal that you can ACTUALLY understand, you need to visit Birchwood Ford On Regent. They even have a **Best Price Guarantee!** If you find a better deal elsewhere, they'll PAY YOU \$2500. But trust me, you won't."

DEMO BLOWOUT AT BIRCHWOOD FORD

SEE BELOW FOR OFFERS YOU DON'T WANT TO MISS!

2016 Fusion SE

WAS: \$36,479
NOW: \$30,995

FINANCE FOR:
\$175 BW*
84 MONTHS

SAVE \$5,484!



STK# R16002

2016 Expedition EL Limited

WAS: \$72,189
NOW: \$63,041

SAVE \$9,148!



STK# R16092

2016 F-150 Platinum

WAS: \$78,195
NOW: \$64,320

FINANCE FOR:
\$374 BW*
84 MONTHS

SAVE \$13,875!

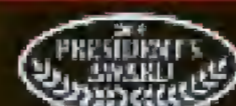


STK# R16162

★ ★ EXECUTIVE DEMO ★ ★

★ ★ EXECUTIVE DEMO ★ ★

Ask about our \$2,500 best price guarantee & our no-extra charge 2 year maintenance package - Only at Birchwood Ford!



Birchwood Ford is the proud recipient of the 2015 Ford President's Award! Received for outstanding achievement in sales and customer satisfaction.

Birchwood FORD ON REGENT

1300 REGENT AVENUE WEST

LOCAL OR TOLL-FREE: **1-888-687-0391**

OR TEXT US AT: **204-296-8868**

AON BEST EMPLOYER

*All offers on approved credit. Customer must present competitor's ad at time of purchase to receive Price Match Guarantee. 2 years free maintenance available on New, In-stock Ford vehicles at advertised price and includes: 5 Oil Changes, 5 Tire Rotations, Replacement Air Filter & a set Wiper Blades! Financing offers on Stock# R16092 / R16162 based on payments of \$175 / \$374 bi-weekly for 84 / 84 months at 0% / 0.99% APR. Prices are plus PST & GST. Representative Finance Example: \$40,000 financed at 5.24% over 96 months equals 208 equal payments of \$235.61 with a total cost of borrowing of \$8,967.09. All available rebates were taken into consideration in pricing. Don't add anything to the Prices & Payments other than tax! Vehicles may not be exactly as shown. See Birchwood Ford On Regent for full offer details. Dealer permit #4454

CENSUS
2016YOUR CENSUS.
YOUR NEIGHBOURHOOD.
YOUR FUTURE.When you complete your 2016 Census, you're providing information to help
plan for hospitals, schools, transit, parks and more for your community.

Complete your census online today.

census.gc.ca



Cst. Rob Carver says police received calls about three serious incidents involving high-speed chases, grand theft auto and armed suspects in a 90-minute period. METRO FILE

Man killed during night of violence

CRIME

Fatal shooting among many calls as police resources taxed

Braeden Jones
Metro | Winnipeg

Winnipeg Police said they were backed up with calls for service after a busy and dangerous evening.

Police Cst. Rob Carver said there were three serious incidents involving dangerous factors including high-speed chases, grand theft auto and armed suspects in different parts of the city Thursday evening.

Those three events required "an incredible number of police resources... well over 35 units tied up in a 90-minute period."

In the first incident, police responded to reports of shots fired in the 600 block of Wellington Avenue around 6:30 p.m. to find a man suffering a gunshot wound to the upper body.

The victim, George Prieston,

29, later died in hospital. Prieston's dog was also shot and had to be put down.

Carver said police have enough information based on first-hand accounts to say that the weapon used in the shooting is "not dissimilar to what military units would have access to," with a high-capacity magazine.

Responding officers located a number of suspects near the location of the shooting, and arrested two adult males who face first degree murder charges, as well as animal cruelty and failure to comply with a court order.

Around the same time officers were responding to the fatal shooting, an armed suspect who robbed a store in the Polo Park area was car-jacking a woman to lead police on a high-speed chase.

"There were speeds in excess of 100 km/h," Carver said.

He explained how normally, pursuits are abandoned with the primary concern being the safety of the public — but not this one, because police weighed the risk between a high-speed pursuit and the suspect who might escape having a gun.

Eventually, police and members of the WPS tactical support

team were able to stop and arrest the suspect. Two WPS vehicles were damaged in the process, but Carver said, "fortunately no one in this incident was physically injured."

Randy Terrance Ryle, 28, was arrested and faces 16 charges, including robbery with a firearm, two counts of resisting arrest, three counts of pointing a firearm, dangerous driving and flight from a peace officer.

Barely an hour after the Polo Park robbery and car chase, police were called to another robbery in the 100 block of St. Anne's Road. Carver said a man "demanded and received a small amount of cash" from two store employees before fleeing in a vehicle at high speed.

Officers were forced to abort their chase several times, as the vehicle was located but sped off.

The vehicle was eventually found near Bishop Grandon Boulevard and St. Mary's road at about 8:40 p.m. where an arrest was made.

Alexander Branislav Johansson faces charges relating not only to the St. Anne's road commercial robbery, but two earlier robberies as well.

IN BRIEF

Aboriginal healer charged

The Winnipeg Police Service is investigating allegations of sexual assault after a 32-year-old woman told police she was participating in a healing session, invited to a second after-hours session, driven to a remote location, and sexually assaulted.

Robert Hotomani, 44, has been arrested and charged with sexual assault.

METRO

Lawyer sentenced for tax evasion

A Manitoba lawyer has been fined nearly \$100,000 and given a 15-month sentence after for tax evasion.

Brian Langford of Birtle, Man., argued the federal government didn't have the right to tax income earned in Manitoba. The court ordered him to pay back the taxes owed, plus interest and penalties. THE CANADIAN PRESS

No suspects in shooting

Police say two people were seriously injured and a third treated and released after the car they were in was shot at.

The incident occurred at about 6:30 a.m. Sunday on Magnus Avenue near Aikins Street, police said.

The driver escaped and took two victims to hospital where they remain in serious but stable condition. Police have no suspects. METRO

‘Lower taxes, better services’

PROVINCIAL POLITICS

Tories’ throne speech to set path for key priorities

Fresh off last month’s historic election win, Manitoba’s new Progressive Conservative government is expected to have something of a cakewalk in a legislature session that starts Monday.

The Tories captured 40 of the 57 legislature seats in the April 19 election — the biggest majority in Manitoba in a century — and they face opposition New Democrats and Liberals that are both searching for new leaders.

“I think they’ve probably got an easy time of it for one to two years ... because these (opposition) parties have to replace leaders and until a permanent leader is found, the parties will have difficulty getting their act together in terms of focusing their attacks on and challenges to the new government,” said Paul Thomas, professor emeritus of political studies at the University of Manitoba.



Brian Pallister’s historic Tory government will be facing a weakened opposition once the legislature reopens Monday after capturing 40 of the 57 seats in the provincial election. The Progressive Conservative Party’s throne speech will be delivered Monday. JOHN WOODS/THE CANADIAN PRESS

Former NDP premier Greg Selinger announced on election night he would step down, and the party has appointed Flor

Marcelino, a former cabinet minister who admits to having challenges in her ability to debate, as interim leader.

Marcelino underwent surgery for a brain tumour in 2002. Since then, she says, she processes questions and answers

more slowly.

“I’m more comfortable writing. If I need to speak, I’m a little challenged and handicapped if you ask me to speak right away,” she said in a recent interview.

The Liberals are also looking for a new leader in the wake of Rana Bokhari’s decision to step down. Bokhari never held a legislature seat, and the three Liberals who won seats last month have said they are not going to seek the party helm.

The legislature session starts Monday with a throne speech that will outline the government’s plan for the coming year. Premier Brian Pallister has already outlined initiatives for his first 100 days in office — a list that includes ending a public subsidy for political parties and reinstating a referendum requirement for major tax increases that was suspended by the NDP.

A budget will follow near the end of May, and Pallister has indicated it will include measures to reduce ambulance fees

across the province and boost funding for tourism.

The Tories also plan to join the New West Partnership trade agreement that Alberta, Saskatchewan and British Columbia established in 2010. The Tories have also promised to improve the province’s troubled child-welfare system by ensuring government departments and service agencies share information.



I think they’ve probably got an easy time of it for one to two years.

Paul Thomas

“We asked for a mandate to act on three major, broad initiatives. Those being lower taxes ... better services and of course a stronger economy,” Pallister

said last week.

Pallister has promised to work toward a balanced budget, following a string of NDP deficits that started in 2009, but has not committed to a deadline. He said last week his party was still trying to get a handle on the amount of red ink.

The NDP estimated the deficit at \$773 million in March, but Pallister said it has grown since then. THE CANADIAN PRESS

Pay with debit. Earn cash. It’s that simple.

Earn up to
\$600
cash back in
the first year.



Get the only cash back debit card in Canada.

Open a new Scotiabank Momentum Chequing Account and earn double the cash back on all of your debit purchases until July 31, 2016 – up to \$600 in the first year.

www.scotiabank.com/momentumchequing

You’re richer than you think!



*Registered trademarks of The Bank of Nova Scotia. TM Trademark of The Bank of Nova Scotia. Interac and Interac Flash are trademarks of Interac Inc. used under license. The standard cash back is 1% on all debit purchases, subject to the account terms. In order to qualify for the additional 1% cash back bonus (“Bonus”), you must open a Scotiabank Momentum Chequing Account (an “Eligible Account”) between March 21, 2016 and June 30, 2016. Employees of Scotiabank and individuals who are/were previously holders or joint holders of an Eligible Account, Scotia Moneyback™ Account, Scotia One™ Account, Basic Banking Account, Basic Banking Plan, or Scotia Value® Account, are not eligible. Maximum one offer per customer. After July 31, 2016, only the standard cash back of 1% will apply to a maximum of \$300 in 2016. The Bonus cannot exceed \$300. To receive any cash back, the new Eligible Account must remain open and in good standing throughout November 2016 which means that it has not been in continuous overdraft with or without Overdraft Protection for a period of three consecutive months. This offer cannot be duplicated or combined with any other offer. Scotiabank may withdraw or change this offer at any time without notice.

DOWNTOWN

FAMILY FOODS

Family Foods Your Downtown Food Store

\$2.18/lb

Family Pack Pork Chops
2 rib 2 centre 2 end

SHOP ONLINE
Winnipeggrocery.com
Delivery available
Monday to Saturday

fresh produce
98¢/lb

Broccoli Crowns

\$3.98 EACH

Nestea
Assorted 540g to 1kg

2/\$6

Lucerne Ice Cream
Assorted, 1.89L

fresh produce
\$2.98 EACH

Macintosh & Golden Delicious Apples
3lb

\$7.98

Whole Cooked Chicken

\$3.99/lb

Pork Sirloin Steaks
Boneless

\$2.98 EACH

Mott's Clamato Juice
Assorted 1.89L

\$1.98 EACH

Philadelphia Dips
Assorted

\$4.98 EACH

Nestle Pure Life Water
24/500mL

\$1.98 EACH

Natural French Bread
700g

2/\$9

Coca-Cola 12 pack soft drinks
Assorted

\$1.48 EACH

Purex 4 Rolls 2 Ply Bathroom Tissue

3/\$9.99

Dr. Oetker Panebello Pepperoni Pizza
420g

\$7.98 EACH

Maxwell House Coffee
Assorted 925g

\$3.98 EACH

Kraft Peanut Butter
1 kg

\$3.48/lb

Lean Ground Beef
Family Pack

\$2.48 /lb

Store Cooked Roast Beef or Pork

Downtown Family Foods

Open Mon-Fri 8:00 am - 8:00 pm.
Sat 9:00 am - 7:00 pm.

Sun & Holidays 11:00 am - 6 pm

Call (204) 947-6645 for Home Delivery

1-120 Donald St. at Broadway Phone (204) 947-0764

www.winnipeggrocery.com

www.familyfoods.ca • We reserve the right to limit quantities.
Prices effective Friday, May 13-19, 2016

POLITICS

NDP to name a new leader in 2017

The federal NDP has opted for an extended leadership race to replace Tom Mulcair, as it looks to name a new leader between September and October of 2017.

The decision comes after around 100 New Democrats from across Canada gathered at an Ottawa hotel Sunday to carve out the terms for the race, a process launched after Mulcair was flatly rejected as the party's long-term leader at a convention in Edmonton last month.

The NDP's national director, Karl Belanger, said members of the party's governing body agreed on Sunday that more time is needed to assess where the party is at and to allow for potential candidates to organize and set up campaigns.

"Councillors felt that by providing that longer window it would provide better opportunities for outreach and fundraising and for the party in general," Belanger said.

In order to run, hopefuls will be required to provide a registration fee of \$30,000 while the spending cap has been set at \$1.5 million.

The nomination period will begin in July. THE CANADIAN PRESS



Tom Mulcair
THE CANADIAN PRESS FILE

IN BRIEF

Feds, pension partnership

The Trudeau government's enthusiasm about a big Montreal transit proposal has given Canadians a glimpse at one way Ottawa could fund billions in public infrastructure. In recent days, senior Liberals have been talking up an unusual funding model for the \$5.5-billion light-rail plan for Montreal, calling for a partnership that includes Ottawa and a public pension fund.

THE CANADIAN PRESS



Prime Minister Justin Trudeau, left, and Fire Chief Darby Allen look over the devastation in Fort McMurray, Alta., on Friday. THE CANADIAN PRESS

Wear Fort Mac close to your heart

JEWELRY

Designer sells necklace inspired by fire-torn city



Ryan Tumilty
Metro | Edmonton

For the people displaced from the Fort McMurray fire, their heart remains in their community. Now, an Edmonton jewelry designer is giving them an opportunity to show it.

Kristine MacDonald, who has sold copper jewelry through her website for several years, is now selling a piece with an outline of the province of Alberta and a heart over Fort McMurray.

MacDonald said it's a symbol

for all the people who have had to leave their homes, because of the horrific fire.

"It's something that they can wear that is a reminder of home and symbol of the pride they have in their city," she said.

She posted the necklace on her website on Thursday and had to take it down on Friday afternoon, because she couldn't keep up with the demand. She plans to post it for sale again on Monday.

"I make them to order, so it just became way more than I can actually do."

Fort McMurray remains evacuated as workers move to restore utilities and put out remaining hot spots in the city. MacDonald said while most of the billing addresses are from Fort McMurray, the necklace is being shipped to evacuees all over the country.

"The shipping addresses have



The necklace with a heart over Fort McMurray. METRO

been all over Canada, mostly to the east coast."

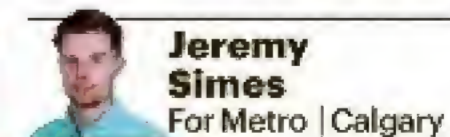
MacDonald gave \$5 from every one of the initial purchases to the Red Cross and any further sales will have the same amount donated to the Alberta SPCA and the Edmonton Food Bank.

PARACHUTING ACCIDENT

Skydiver a 'beautiful person'



One-column pic. PHOTO CREDIT



Jeremy Simes
For Metro | Calgary

Kristin Czyz loved the big sky, sushi and a good glass of wine, according to close friends.

On Friday evening, the 34-year-old Canadian died when her parachute failed after jumping off Perrine Bridge in Twin Falls, Idaho.

Sunday, Czyz's close friends remembered the ambitious woman who was full of energy.

Dave Withrow, manager of Skydive Big Sky in Innisdail,

said he remembered harnessing Czyz up for her first skydive.

He said Czyz later became an instructor at Big Sky and made trips around the world to feel the thrill.

"She was one of those types of people that when she walked in the room she made other people smile," Withrow said. "Just by being there."

"I've never seen someone so happy and excited every time she was going out to do what she loved," said friend Aaron Parrotto. "I'm not ready to say goodbye to this beautiful person."

IRAQ

Daesh attacks kill 29

Daesh launched a co-ordinated assault on a natural gas plant north of Baghdad that killed at least 14 people, while a string of other bomb attacks in or close to the capital killed 15 others, Iraqi officials said.

The attack on the gas plant started at dawn with a suicide car bomber hitting the facility's main gate in the town of Taji, about 20 kilometres north of Baghdad. Then several suicide bombers and militants broke into the plant and clashed with the security forces, an official said, adding that 27 troops were wounded.

The Daesh-affiliated Aamaq news agency credited a group of "Caliphate soldiers" for the attack.

In a statement, Deputy Oil Minister Hamid Younis said firefighters managed to control and extinguish a fire caused by the explosions. Younis said technicians were examining the damage.

A car bomb targeting a shopping area in the town of Latifiyah, about 30 kilometres south of the capital, killed seven people, including two soldiers, police and hospital officials said. They said that 18 people were also wounded in the attack, four of whom were soldiers.

Elsewhere in Baghdad, three separate bomb attacks targeted commercial areas, killing at least eight civilians and wounding 28 others, police added.

Medical officials confirmed the casualty figures. All officials spoke on condition of anonymity as they were not authorized to release information.

The Sunday attacks killed 29 people across Iraq. Since Wednesday, more than 140 people have been killed in a spate of bombings in Baghdad and elsewhere.

THE ASSOCIATED PRESS

Online service helps Germans make friends with newcomers

BERLIN

Let's integrate! helps refugees and locals meet and talk

During the height of the migrant crisis in Europe last fall, Lasse Landt came to a startling realization.

Thousands of migrants were pouring into Germany every day, but the 36-year-old startup consultant from Berlin hadn't met a single one of them.

"It was all over the media, every day on the talk shows you had people talking about the refugee crisis. I had never seen a refugee," said Landt. "I just

wanted to find out if it was real."

His experience is typical for most Germans, and many have volunteered with charitable groups in part to meet the migrants they're hearing so much about. But Landt went further — and the result is a kind of dating website for Germans and migrants, albeit without the romantic aspect.

Together with Khaled Alaswad, a 25-year-old Syrian he met at a computer coding class for migrants in Berlin, Landt started a project to help refugees and locals meet up. Called Let's integrate!, it allows users to pick a time and location and set up a "date."

The idea is to set as low a hurdle as possible for the meeting. No preparation is needed



When you meet, you realize that they are people like us and there is no need to be worried. Paul Spieker

— people just need to show up and hopefully have a good conversation. Or if the language barrier is too high, have a conversation with hand signals.

Alaswad said his friendship with Landt has helped him land on his feet in Germany.

"If the refugees never talk face to face with a local person, they will never know anything about the culture here," he said.

Germany registered around 1.1 million irregular migrants in 2015, most of them refugees from Syria, Iraq and Afghanistan. But with the closure of the Balkans migration route

from Greece to Germany, the number of migrants coming in has dropped dramatically this year.

The authorities are focusing on having migrants learn the language and get jobs. The German government has promised to introduce subsidized workplaces earmarked for refugees.

"In Germany, we have a very technocratic view of integration," said Landt. "It is basically, you do a language class, you get a job and then you are integrated. But really, it is very much about social contact."

Let's integrate! was launched

May 1 and so far at least a dozen meetings have taken place. More Germans have signed up than migrants, so organizers are putting up posters in refugee homes to try to even out the numbers.

One of the first meetings was between two Syrians and two Germans. Abdul Wahab, an 18-year-old Syrian, said he simply did an Internet search for "Integration Germany" and found the page. Ahmed Haj Ali, a 23-year-old refugee from Damascus, found the website on Facebook. Haj Ali and Wahab met with Cindy and Paul Spieker, two siblings from Berlin.

"When you meet, you realize that they are people like us and there is no need to be worried," said Paul Spieker.

THE ASSOCIATED PRESS



Cindy Spieker, Ahmed Haj Ali, Paul Spieker and Abdul Wahab, from left, get together in Berlin, Germany. The group met through a website called Let's integrate! that connects refugees and locals. JONA KALLGREN/THE ASSOCIATED PRESS



Cindy Spieker and Ahmed Haj Ali make an L and I sign for 'Let's Integrate.' JONA KALLGREN/THE ASSOCIATED PRESS

RUTGERS UNIVERSITY

Obama tells graduates walls won't solve problems



U.S. Obama received an honorary doctorate of laws at Rutgers University.

MUNOZ ALVAREZ/GETTY IMAGES

President Barack Obama on Sunday urged college graduates to shun those who want to confront a rapidly changing world by building walls around the United States or by embracing ignorance, as he delivered a sharp and barely concealed critique of Donald Trump.

Obama used his commencement speech at Rutgers University to illustrate a world view antithetical to the ideas espoused by the presumptive Republican presidential nominee.

Looking out at a sea of red and black gowns, Obama told

the roughly 12,000 graduating students that the pace of change on the planet is accelerating, not subsiding, and that recent history had proved that the toughest challenges cannot be solved in isolation.

"A wall won't stop that," Obama said, bringing to mind Trump's call for building a border wall between the U.S. and Mexico. "The point is, to help ourselves, we've got to help others — not pull up the drawbridge and try to keep the world out."

The president never mentioned Trump by name, but his

intended target seemed clear. Repeatedly, Obama referred to disparaging comments about Muslims and immigrants, and opposition to free trade deals. But he appeared most incensed by what he described as a rejection of facts, science and intellectualism that he said was pervading politics.

"In politics and in life, ignorance is not a virtue," Obama said. "It's not cool to not know what you're talking about. That's not keeping it real or telling it like it is. That's not challenging political correctness. That's just not knowing

what you're talking about," the president said.

Obama's rebuke came as Trump is close to clinching the GOP nomination, raising the prospect that November's election could portend a reversal of Obama's policies and approach to governing. In recent days, Trump has started focusing on the general election while working to unite a fractured Republican Party around his candidacy. Democrats are readying for a fight against a reality TV host they never anticipated would make it this far. THE ASSOCIATED PRESS

IN BRIEF

Egypt sentences 152 protesters to jail
Egyptian courts have in a single day convicted 152 protesters for breaking a law that bans demonstrations, sentencing them to up to five years in prison in a series of short mass trials. The cases are rooted in events on April 25, when police stifled planned demonstrations. Police arrested more than 1,200 people, but released most of them without charge. However, nearly 300 were referred to trial for breaking the law. THE ASSOCIATED PRESS



Staff at the Amazon Swansea fulfilment centre process orders. GETTY IMAGES

A return too many

RETAIL

Refusing too many items can land customers in hot water

This is how it starts.

You love shopping online. You're not always super-careful about how many items you return because you believe in the no-hassle returns promise made by the retailer.

So you buy that camera to test it out. Some of the features are buggy, and you send it back. You buy a blazer in three different sizes but none of them fit right, so you return them all. You take a chance on that electronic device that is ridiculously cheap and it turns out to be junk. You send that back, too.

But buyer beware, a high rate of returned items can lead to a retailer banning customers, including online giants like Amazon.

Stories of being banned from Amazon populate the web.

Lucas Bean, 40, a California entrepreneur who describes himself as an Amazon fanboy, is one person who ran afoul of

Amazon's return policy.

"I was basically an Amazon-brand ambassador," says Bean, who was an early adopter of online shopping.

He says his problems began in 2015, after he moved and Amazon continued to deliver parcels to his former address. He bought a video camera (from Amazon) to prove that deliveries weren't being made to his new home.

“

I have the right to return something that is broken.

Lucas Bean

He refused to accept delivery of a damaged television. He returned a Samsung bluetooth headset because he thought it was counterfeit. But he also admits to returning some things that weren't worth returning.

"I've returned quite a few items that were poor quality," says Bean. "But I have the right to return something that is broken."

Returns create multiple costs for retailers. Some pay for return postage, and even if they don't,

restocking items costs money. If items are sold out of season, they have to be sold at a reduced price, or sold in bulk to a re-seller, liquidator or jobber, or at an affiliated clearance warehouse.

The items show up at flea markets, dingy or worn-looking or without a box, and some brands would rather trash their returned goods than have that happen.

Last year, \$290 billion of sales were returned in the United States and Canada, according to statistics from The Retail Equation, a firm that provides return-optimization services to retailers.

Eight per cent of purchases from brick-and-mortar retail sales are returned. But up to 30 per cent of e-commerce exchanges involve a returned item.

An estimated 10 per cent of returns are thought to be either fraudulent or a misrepresentation of the facts — a fake receipt or someone returning something bought a year ago instead of yesterday, says Stephen O'Keefe, a loss prevention specialist with the Retail Council of Canada.

What many people don't know is that such scams could result in criminal charges.

TORSTAR NEWS SERVICE

CORRECTION NOTICE

The 2017 Hyundai Santa Fe Sport 2.4L FWD offer as advertised in the *Winnipeg Metro* on May 13th is incorrect. The description mistakenly stated that it included 5" touch-screen display with Android Auto™. The 2017 Hyundai Santa Fe Sport 2.4L FWD includes 5" touch-screen display, but does not include Android Auto™. We apologize for any inconvenience.

Hyundai Auto Canada Corp.
1-888-216-2626
75 Frontenac Drive, Markham, ON, L3R 6H2

ANIMAL WELFARE

Customers driving changes to beef industry

When Ben Campbell heard Earls was switching to Certified Humane beef from the U.S., he had a different reaction than many Alberta ranchers.

The 32-year-old raises grass-

fed cattle without added hormones at his ranch in Black Diamond, about 60 kilometres southwest of Calgary. He sells directly to customers, often inviting them to visit the rolling hills where his animals graze.

To Campbell, Earls' decision was a response to a trend he had seen firsthand: growing consumer demand for ethical meat. And though Earls backtracked after a social media slaughtering, Campbell said

the beef industry can learn from the controversy.

Alberta ranchers say Canada is a leader in animal welfare standards. But companies like Earls and McDonald's are increasingly finding that

customers, especially millennials, want proof that meat was raised humanely — forcing the industry to embrace certification programs it once resisted.

THE CANADIAN PRESS

Service Directory

To advertise call 204.943.9300

OPPORTUNITIES



Need extra cash for Summer?

24-7 Intouch is HIRING Customer Service Representatives! **FR/EN bilingual** a major plus! We offer FT and PT, competitive wages, and career growth. If you have a great attitude and excellent communications skills, this is the perfect opportunity!

Apply: Join24-7Intouch.com

SERVICES

FIGHT THE BITE!



Our barrier spray will decrease your yard's mosquito population by 85-90%

Mosquito Sniper offers top-of-the line mosquito and tick control services that will help you take back your yard.

204-955-PEST(7378)
mosquitosniper1@gmail.com

Our technicians will walk your property on each visit and treat it with a methodology specific to your outdoor space. A mosquito truck sprays a dense fog intending to eradicate adult mosquitoes, however their service can only reach pockets of infested areas in close proximity to the truck. In many cases, the backyard mosquitoes are left unfazed.

Find us on

25% first treatment off for new customers

Now Leasing

519 Burnell Street

Newly Renovated Suites Starting from \$795

Contact 204-416-1343
or 204.982.7988

Call for rates

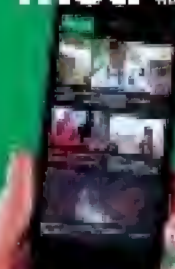
ASH MANAGEMENT GROUP INC.

THE HANDY POCKET VERSION

Get the news as it happens

Download the Metro News App today at metronews.ca/mobile

metro



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

At my local convenience store, I was told the law says when a customer has more than five lottery tickets, other customers must be helped first. I've never heard of such a law. And there was no sign letting people know about it. What should I have done?

Dear Ellen,

I recently checked my lottery tickets at a Mac's convenience store. I had less than 10 tickets and was the only customer when I handed them over to the employee at the till. But when another customer came in, she put my tickets aside to help him. As more customers came in, another employee showed up and checked my tickets. I asked why I was made to wait since I was first at the till. They told me there is a law (or bylaw) that says when a customer has more than five tickets, they have to help other customers first. Does this law (or bylaw) really exist? Probably they were right and I don't want to get mad at them. But I have never seen a sign letting customers know about such a law (or bylaw).

Regards,
M.M.F.

Dear M.M.F.,

You certainly don't need any etiquette advice. It sounds as if you handled the situation perfectly. You were told to wait, you politely waited and, when you asked why you were made to wait, you graciously accepted their explanation.

Which, by the way, is utter hogwash.

I'm not sure what city you're writing from, but (after a quick Google search and accessing my own common-sense circuits) I'll bet you 10 winning lottery tickets that no such law or bylaw exists there

I'll bet you 10 winning lottery tickets that no such law exists anywhere in Canada.



© Ani Castillo

or anywhere else in Canada.

Nor would such a law make sense. The store is profiting on its sale of lottery tickets, and part of the service included in the sale is to check the tickets. Value judgments about the commodity being sold do not legally apply. The customer who shows up to buy milk is not entitled to better service than a customer who buys lottery tickets.

Individual stores, such as Mac's, might have a private-company policy that customers with multiple lottery tickets must wait while other customers are served first. But if your convenience store has this policy, you are right to expect the rule to be made clear

on a sign near the till.

In an effort to be as gracious as you, I will concede the possibility that the employees you dealt with were not malicious liars or rude, incompetent dimwits. It's possible the store has such a policy, but management didn't bother to put up a sign. It's possible the store has such a policy, but the employees were confused about the difference between the words "policy" and "law" or "bylaw." It's possible that once upon a time there really was a giant, crystal-clear sign near the till, but it blew away in a mysterious gust of wind one dark night when a comic book superhero dropped by to pick

up milk, because of the laws and bylaws that require special effects whenever a lead character enters a scene.

In any case, dear M.M.F., I commend you on your excellent manners, and suggest that you write to Mac's management directly. Describe what happened, ask about store policy around checking multiple tickets, and — if the policy exists — suggest they make sure a sign is in place instead of allowing employees to intimidate loyal customers such as yourself with tales of imaginary laws.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview



Keeping women from the priesthood is keeping us from power

It is odd, the things you do and do not discuss with your mother.

I'm a faithful child of a devout Catholic (the long delayed delivery of an annotated Bible has caused her melancholy lately), and an avowed feminist, but I can't recall ever debating the maleness of the church with my mom.

Most Sundays of my childhood and many since, after listening to yet another man preach, we never turned to each other and said: "So, what do you think about that?"

I know what I think. I think it's bulls--t. I think God created Adam in human form, and the maleness was not the point, though highly convenient for such a patriarchal time. (Jesus' sex is a main reason given for the men-only priesthood.)

Other arguments to keep women out of the clergy are laughable. Take Rev. Wojciech Giertych, Pope Benedict XVI's theologian, who told the Catholic Register in 2013 that men are "more likely to think of God in terms of philosophical definitions and logical syllogisms" — i.e., more likely to use reason. Oh, and men also think in a "male way" about "the building of the church, about the roof of the church which is leaking, about the bishop's conferences." Right.

It's not just the priesthood, the key mechanism of power, which is kept from women. We are also excluded from

other ministries.

Last week Pope Francis, our slow moving source of hope, vowed to strike a commission to study whether women can be deacons — ordained ministers who can conduct marriages, funerals and prayers, but not mass.

Women were deacons in the early church, and it's something Quebec archbishop Paul-André Durocher had advocated as a way to increase roles for women.

To quote my mother, the move would be "baby steps." But to quote her again, "The Pope has a lot on the go."

I called her yesterday to finally get her take on the justification that priests are men because the apostles were. "I have to admit I'm not persuaded," she said. "Women were the ones (Jesus) revealed himself to at the tomb," after all.

A full 75 per cent of Canadian Catholics support the idea of women priests, never mind the lesser deacons. But we shouldn't hold our breath while theologians like Giertych hold sway. "The relationship of love, of attachment, the spousal relationship to Christ is easier for the woman," he said. "So women don't need the priesthood ... because their mission is so beautiful in the church anyway."

With women in the church, it seems it really does always come down to sexuality.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,
REGIONAL SALES
Steve Shrout

MANAGING EDITOR WINNIPEG
Elisha Dacey

ADVERTISER INQUIRIES
adinfo@metronews.ca
General phone 204-943-9300

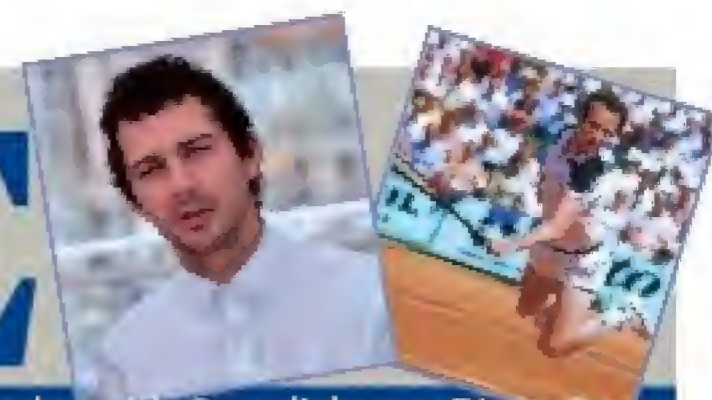
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

OUR RELIGION, LAWS,
CUSTOMS, ARE ALL
FOUNDED ON THE
BELIEF THAT WOMAN
WAS MADE FOR MAN.



Philosopher cat now at
www.mymetrostore.ca



Tapping our way into debt

NEW SERVICES

Experts worry Apple Pay and other tech will blow budgets

Technology is making buying things easier, but credit counsellors want you to remember that paying for them is still as difficult as ever.

Jeff Schwartz, executive director of Consolidated Credit Counseling Services of Canada, says the ease with which consumers can buy things these days could spell trouble for those who have difficulty controlling their spending.

"It is allowing many consumers to avoid the harsh reality of what is going on inside their bank account or even inside their wallet," he said.

With the expansion of Apple Pay this week, Canadians added yet another way to quickly pay for their purchases without even opening their wallets.

The addition of the big Canadian banks to the service adds to the already numerous ways shoppers have to pay for things quickly, including Interac Flash, MasterCard Tap & Go, Visa payWave, and American Contactless Payments.

Schwartz said the physical aspect of pulling out your wallet and taking the cash out to make a purchase is very different from using a phone.

"You really have to say that I am willing, ready and able and want to make this purchase,"



While a smartphone can help make it easier to spend money, it can also help track spending if you use a budgeting app. iStock

he said.

"There is a real mental link between you actually going in and making that purchase versus just whipping open your phone, throwing it on the scanner and you're done."

The plethora of new ways for people to more easily spend their hard-earned dollars comes amid concerns about household debt levels.

Statistics Canada has reported that for the fourth quarter of last year, the ratio of household debt to disposable income climbed to a new

peak of \$1.65 in debt for every dollar earned after taxes and other fees paid to government.

Credit counsellor Pamela George says the convenience of the new ways to pay for purchases can be problematic for some individuals.

"The problems happen where people are just putting it on a credit card and they don't have a clue where or how they're paying it," said George, who works at the Credit Counseling Society in Ottawa.

She recommends clients withdraw the cash they've al-

located in their budget and when it is spent, they're done.

"The problem starts when you don't track your spending and then you just keep swiping the card," she said.

But technology can also be used to help.

While a smartphone can help make it easier to spend money, it can also help track spending if you use a budgeting app.

Schwartz's says his agency offers a free app for Apple devices that allows users to keep a record of spending and download it to a spreadsheet.

"That is the upside to the technology. But the basis behind it is budgeting and understanding what money you have coming in, understanding what money you have going out and understanding what money you have potentially available," he said.

George recommends her clients simply stick to cash if they really want to control their spending.

"It is harder to break a \$20 bill for a \$3 cup of coffee than it is to just tap a card," she said.

THE CANADIAN PRESS

WORKING

Former bank exec works for equality in C-suite

Jennifer Reynolds spent 15 years working in capital markets, but three years ago, she'd finally had enough of being the only woman at the table.

"It never occurred to me that in 2016, the boardrooms of this country would look the way they look," she said.



Reynolds (pictured left) moved on, and is now president of Women in

Capital Markets, an organization bent on making space for more women in that very place. Efforts to diversify financial institutions' workforces have reached the C-suite and executive offices. The push includes educating girls about the financial industry in high school, Reynolds says.

In Canada, more than 60 per cent of university graduates are women, but Statistics Canada found women are less likely to choose a science, technology, engineering and math program "regardless of mathematical ability."

Roman Dubczak, CIBC's head of global investment banking, says you have to see how many women are working in junior roles and extrapolate that into the future to figure out when we'll start seeing more female execs in Canadian banks. "It could be really, really soon."

TORSTAR NEWS SERVICE



Start a Career in Supply Chain

Offering a Supply Chain Management and Logistics diploma program, in partnership with SCMA Manitoba

HERZING
COLLEGE

204.775.8175 • herzing.ca/winnipeg





YOU CAN DO THIS PERSONAL SUPPORT WORKER

'My purpose ... is to bring people comfort'

WHY I LIKE MY JOB

Khelie Mulligan, 42, PSW and Geriatric Activity Coordinator at Douglas Care, Victoria, BC

From a young age I volunteered as a personal care attendant. I was always interested in helping people with Alzheimer's disease. My grandfather was a doctor and seeing his own health decline as he aged motivated me to learn more about how I can help people living with dementia.

I attended Victoria Elder Care College to obtain certification as a personal support worker (PSW) and resident care attendant, before obtaining a diploma in geriatric activity coordination at Kwantlen Polytechnic University. My practicum in geriatric healthcare was at Douglas Care Trillium Communities, where I later obtained a full-time position as PSW and part-time role as activity coordinator for about 30 residents with advanced dementia.

My main job is to organize daily activities based on residents' needs and mental/physical states of being, including outdoor activities and birthday events. My purpose in career and in life is to bring people comfort — whether it's for a resident, friend or family member. This field can be very rewarding, but also challenging and emotional as it's difficult to lose people you care about. PSWs never stop working. But we love to have fun; we do a lot of laughing and singing with the residents ... Or I'll sing and they'll laugh.



THE BASICS: Personal Support Worker

\$30,604

Median wage of personal support workers, according to PayScale.com. The average wage works out to be about **\$15.40** per hour. Some PSWs can earn up to **\$42,149** as they advance to positions in long-term care and disability support.

+13.8%

amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, personalsupportworkerhq.com, statcan.gc.ca, nahb.ca, onetonline.org and jobbank.gc.ca

HOW TO START

Most colleges across Canada offer relevant PSW programs, with the option of doing a placement in a retirement home, private home or clinical care setting to assist a range of clients with daily living activities and personal care requirements.

WHERE YOU CAN GO

In 2015, the number of Canadians aged 65 and up stood at approximately 5.8 million. By 2035, the same demographic is projected to reach 10.1 million. A current shortage of workers in this occupation means there's a wealth of opportunities. The replacement demand because of retirements also calls for more assistants specializing in other areas of medicine like neurology and geriatrics.

NEXT CAREER STEP

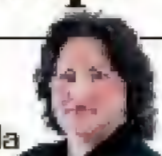
Having a least one year of steady experience aids in advancement. A PSW will find it easier to transition into roles of registered practical nurse or registered nurse with hands-on clinical care training, and some employers may encourage specialized training courses to improve knowledge.

Get out of that payday loan cycle

CREDIT TIPS

Do everything in your power to avoid high interest traps

Gail Vaz-Oxlade
For Metro Canada



How is it that pay advance stores are allowed to exist? Section 347 of the Criminal Code makes it a criminal offence to charge more than 60 per cent interest per annum. So how is it that pay advance stores are still a thing?

If you have ever taken advantage of the "cheap money" offered by a pay advance store, you know what a trap it is.

Ads say you'll only pay \$20 for a \$100 pay advance. But since that loan has to be repaid within two weeks, the effective interest rate is 520 per cent. And that first step into pay advance land begins a dreadful cycle of borrowing and re-borrowing because, having repaid the loan with all that interest, there's no money for food.

When Jackie walked into a pay advance loan store it was because the rent was due and after taking four days off with her sick daughter (for which she was not paid) she was desperate.

All Jackie needed to get the advance was a bank account and a job. The people at the pay advance store were very obliging and Jackie borrowed \$600 to cover



Don't get sucked into the bright lights and promises of easy money, writes Gail Vaz-Oxlade. ISTOCK

her lost income, the medicine she had to buy for her daughter, and the money she'd spent on cab rides to and from the doctor's office. She wrote a post-dated cheque for \$720 to be cashed two weeks later when her next pay hit her account. That pretty much wiped out Jackie's next paycheque.

The terms and conditions for payday loans vary by province since the federal government off-loaded the responsibility for monitoring these companies to individual provinces. But regardless of where you live, no one is following section 347 of the criminal code since the most that could be charged for \$100 borrowed for two weeks would be \$2.30, NOT \$20.

Pay advance stores are charging ten times the amount allowed and getting away with it. Makes me hiss and spit with

anger when I see these stores popping up like so many zits all over our country. So much for all that government consumer protection.

Whether you did it as an act of desperation, or you were just dumber than a sack of hammers, your decision to go to a pay advance loan store is costing you big-time. So what do you do if you're in the cycle and are desperate to get out? You're going to have to suck it up and either a) be short for a couple of weeks, while you repay the loan and DON'T borrow again, or b) find a way to make more money so you can get the life-sucking debt off your back. There ain't no other way babies.

For more money advice, visit Gail's website at gailvazoxlade.com

SPRING into SUMMER SPECIAL

Mention This Ad and Receive

15% OFF

Prescription Glasses & Sunglasses

MOORE OPTICAL

409-428 PORTAGE AVENUE

www.DRROSSMOORE.ca • 204-932-0059

Located Downtown in the Power Building beside The Bay



metr SPORTS

Andy Murray celebrated his 29th birthday by beating Novak Djokovic on clay for the first time to win the Italian Open title on a rainy day in Rome

Beasts finally unleashed

RAPTORS TORONTO WINS SERIES

Canada's team shrugs off Heat to earn first trip to East final

The Toronto Raptors have made history.

And now they head into uncharted territory — the Eastern Conference final for the first time in 21 years.

Raptors all-stars Kyle Lowry and DeMar DeRozan combined for 63 points in a thorough 116-89 dismantling of the Miami Heat in Sunday's thrilling do-or-die Game 7 of their conference semi-final.

Lowry had 35 points while DeRozan chipped in with 28, playing with the heart and hustle Raptors fans had seen so many times in Toronto's 56-win regular season. And they got plenty of help, as Bismack Biyombo had 16 rebounds to go with 17 points, DeMarre Carroll chipped in with 14 points, and Patrick Patterson had 11 points and 11 boards.

Dwyane Wade and Goran Dragic scored 16 points apiece for Miami.

In a fierce back-and-forth series that saw three overtime

games, and a slew of injuries, Sunday's thrilling finale saw the Raptors lead most of the way. They battled hard on both ends of the floor with a ferocity they hadn't shown in this series, and opened up a 17-point lead in a solid third quarter.

They went into the fourth ahead 86-78, and when Biyombo muscled his way in for a monstrous dunk — and Usain Bolt celebration — then Carroll drilled a three, the delirious Air Canada Centre crowd went nuts.

Things got heated when Biyombo and Josh McRoberts had to be separated, Biyombo was furious after being hacked by the Heat forward. McRoberts was assessed a flagrant foul, and the

incident only further fired up Toronto and its crowd.

Lowry drilled a three with 3:23 to play that followed up a basket by DeRozan, and the Raptors went up by a whopping 25 points. When the Raptors' all-

stars left the game with two-and-a-half minutes to play, the crowd ushered them off the court with a standing ovation.

Now the Raptors face the well-rested Cleveland Cavaliers in a be-careful-what-you-wish-for scenario. The Cavs host Toronto in Game 1 on Tuesday after a nine-day break, while Toronto has played eight games in 15 days. THE CANADIAN PRESS



Raptors centre Bismack Biyombo dunks over Heat guards Josh Richardson, left, and Goran Dragic on Sunday in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

NHL PLAYOFFS

Bolts believe in backup goalie

Ben Bishop's mind raced as the Tampa Bay Lightning goalie writhed in pain on the ice after awkwardly twisting his left leg in Game 1 of the Eastern Conference final Friday night.

The internal "what ifs" ran the gamut. What if the leg was broken? What if his season over?

The one thought that didn't even occur to Bishop was whether 21-year-old backup Andrei Vasilevskiy could step in and do the job.

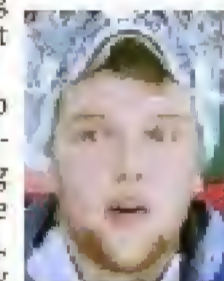
"I think the guys in the room, I know myself, we have full confidence in him," Bishop said. "He's a great young goalie. He's got a future."

Pressed into his first extended playing time in more than a month, Vasilevskiy turned aside 25 of the 26 shots he faced, aided by a defence that did an excellent job of pushing Pittsburgh's potent offence to the perimeter and keeping Sidney Crosby and company from generating consistent pressure in front of the net.

Filling in capably has kind of become a thing for Vasilevskiy, who stepped in for an injured Bishop in Game 2 of the 2015 Stanley Cup final and became the first goaltender to earn a win in relief during a Cup final in more than 80 years.

"Talk about pushing somebody a little bit down the learning curve a little faster than we wanted to," Tampa Bay coach Jon Cooper said. "But there's clichés thrown around all the time, guys who are first in the rink and last to leave and all those types of things, but with that kid, it's actually true."

THE ASSOCIATED PRESS



Andrei Vasilevskiy
GETTY IMAGES

AMERICAN LEAGUE

Rangers deal Jays a haymaker

A feud simmering since Jose Bautista's bat flip in last year's AL Division Series boiled over into a wild brawl in the final game of the season between Toronto and Texas, a 7-6 victory for the Rangers on Sunday.

Bautista and Texas second baseman Rougned Odor got into a fistfight behind the bag after a hard slide by the Toronto slugger in the eighth inning. Players from both teams rushed the field as Odor landed a punch to Bautista's face.

Umpires needed about 10 minutes to restore order, and



Benches cleared after Rougned Odor socked Jose Bautista.

RICHARD W. RODRIGUEZ/STAR-TELEGRAM VIA THE ASSOCIATED PRESS

Blue Jays reliever Jesse Chavez hit Prince Fielder with the next pitch when the game resumed. He was ejected after an earlier

warning for both teams when Bautista was hit by a pitch from Texas' Matt Bush.

THE ASSOCIATED PRESS

NATIONAL LEAGUE

Pirates get to Cubs in their sixth try

Starling Marte singled with one out in the seventh inning to end Jon Lester's no-hit bid, then scored on Jung Ho Kang's double to put Gerrit Cole and the Pittsburgh Pirates ahead to stay in a 2-1 victory over the Chicago Cubs on Sunday.

Kang added an eighth-inning home run to help the Pirates beat the major league-leading Cubs for the first time in six tries this season.

Cole (4-3) allowed three hits in eight shutout innings. Mark

SUNDAY In Chicago

2	1
PIRATES	CUBS

Melancon gave up a run but held on for his 11th save.

Lester (4-2), who threw a no-hitter with Boston in 2008, had permitted only two walks and retired 16 straight batters before Marte's hit. THE ASSOCIATED PRESS

UP IN THE AIR

While Bishop's leg is structurally intact, it is uncertain if he will return for Game 2 against Pittsburgh on Monday or if he'll be back at all during the playoffs.

RECIPE Fresh Tomato Spaghetti



PHOTO: JANA VISEVI

Ceri Marsh & Laura Keogh
For Metro Canada

The longest part of this recipe is waiting for you pasta water to boil. In minutes you'll be eating this light, fresh spring pasta.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients

- 2 cups fresh tomatoes, washed and chopped
- 1 head of arugula, washed and rough chopped
- 2 cloves garlic, minced
- 1/4 cup olive oil
- 3 Tbsp red wine vinegar
- 500 gram package of whole wheat spaghetti
- salt and pepper to taste

Directions

1. Put a big pot of well salted water on to boil. In a sauté pan, bring the olive oil to low medium

heat. Add minced garlic and allow to cook but not brown. Remove pan from heat.

2. Place your spaghetti noodles in the boiling water and cook as long as the package instructions dictate. Scoop out a cup of water out of the pot before draining - this is a good habit to get into. The starchy water is a great way to loosen up a too-thick sauce, plus it adds a certain slickness to your pastas. Drain your noodles well before tossing them back in the pot.

3. Add the garlic-infused oil and vinegar and toss well until all of the spaghetti is well coated. Now add your tomatoes and toss again. Throw in the arugula and give it another good mix so there are pieces of green throughout. Season with salt and pepper.

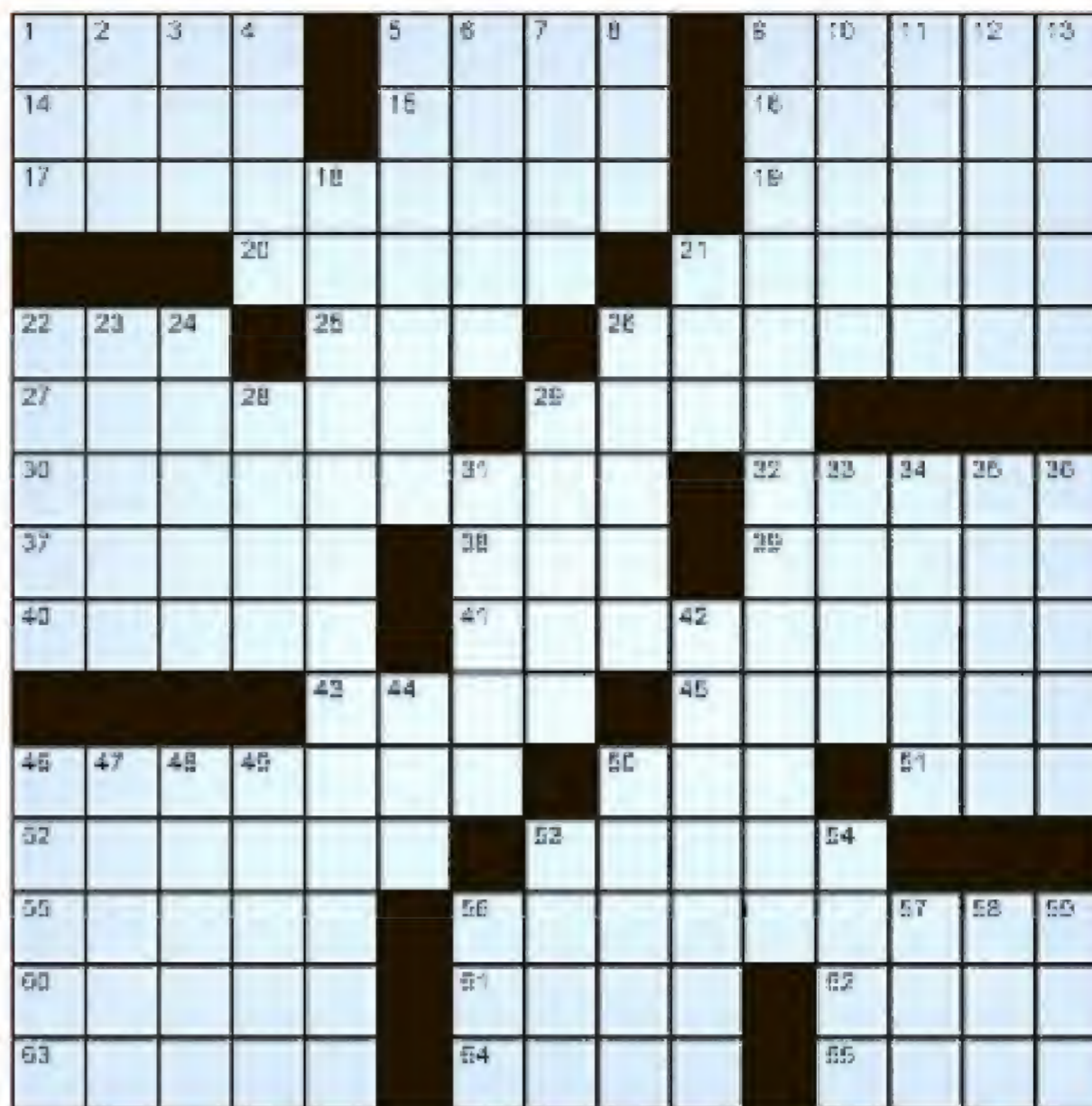
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Roger, _ and out."
5. Let it stand, in proofreading
9. Does this pre-blood test
14. Throw _ loop
15. Samovars
16. " _ favour, say 'Aye'."
17. Earlier-in-time movie scene
19. Greatly gaze
20. "When a Man Loves a Woman" by _ Sledge
21. Electric _ (Beard trimmer)
22. Cleopatra's snake
25. Thumbs-up meaning
26. Most just
27. "Toxic" by Britney _
29. Ti-Cat's foe on the football field
30. DJ's instrument
32. Bite into, puppy-style: 2 wds.
37. Gives off
38. "Ballad" suffix
39. Concealed
40. "The Beachcombers" character
41. Chant for music-making monks
43. "Get Down _" by Kool & The Gang
45. Melanie's portrayer in "Gone with the Wind" (1939)
46. Posh hairstyle
50. Athlete's injury scan, commonly
51. Friends to Hmms and Ums
52. Confines
53. Period _ (Hie-



toric flick)
55. Computer company
56. Canadian world music guitarist: 2 wds.
60. Jan _ (Dutch painter)
61. Russian city
62. "Home of the

Bisons' sch. in Win-nipeg. _ _ _
63. "The Planets" composer Gustav
64. Quasi
65. Bldg. rental units

DOWN

1. Sour
2. L'il loudness
3. 'E' of BCE
4. Vex the vocal-ist's vocals
5. Secretly, in Latin: 2 wds.
6. Music selection on a record

7. "Consist" suffix
8. "For shame!"
9. Critiques-of-celebrity-styles show on E!: 2 wds.
10. Chapel area
11. " _ to Love" by Bryan Ferry
12. Loses steam
13. Hagar the Hor-

18. Satisfyingly happy sounding Newfoundland town: 2 wds.
21. Droop
22. Michael-mas daisy
23. Sea foam
24. Hazard
26. Soeur's brother
28. Opposing
29. Warning signal
31. Set about
33. Yesterday, in Italy
34. Couture collection, Armani _
35. Irish tune: "Robin _"
36. Salmon's canned store shelf neighbours
42. Port Perry, Ontario born co-host of #9-Down, Brad _
44. Headshakes
46. " _ of the Titans" (2010) starring Liam Neeson
47. " _ Be Square" by Huey Lewis & The News
48. Press onward
49. 1966 John Barth novel, _ Goat-Boy
50. Bette Midler, The Divine _
53. Mere's man
54. Quito is its cap.
56. _ Louis (Canadian cakes-in-a-box brand)
57. Basketball play, Alley- _
58. Common-ly, curly
59. Cdn. driving measures

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Loved ones and partners will be more important than usual today, because they give you a feeling of security and support. Right now, this is what you need.

Taurus April 21 - May 21
Today you might have health issues or be concerned about your health. When working with others, don't play the martyr game. Stick up for yourself.

Gemini May 22 - June 21
Relations with females will improve today. Personally, you will find it difficult to conceal your feelings from others; however, don't worry about it. We all have feelings.

Cancer June 22 - July 23
You might enjoy being by yourself today or cocooning at home, because you feel a need for privacy. Something might happen that makes you see how much your habits control your life.

Leo July 24 - Aug. 23
Today you want to talk to people at a real gut level. You don't want to spend time in superficial conversation talking about the weather.

Virgo Aug. 24 - Sept. 23
Earnings, cash flow and your possessions will be your focus today. In fact, it will please you to be surrounded by familiar objects from your past. You might want to clean or repair them.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which makes you more emotional and subjective. Your concerns are about yourself, and this is just fine.

Scorpio Oct. 24 - Nov. 22
You will be tempted to withdraw from others today because you feel the need for privacy. Indeed, this is a good day to be alone so that you can get a better handle on your life.

Sagittarius Nov. 23 - Dec. 21
Friendships are important to you today. You might feel protective about a friend, even jealous. It's also a good day to examine your goals.

Capricorn Dec. 22 - Jan. 20
For some reason, aspects of your personal life might be put on public display today, or you might find it difficult to hide things about yourself.

Aquarius Jan. 21 - Feb. 19
Do something different today, because you have an urge for adventure. Break free from your daily routine. Go someplace you've never been before.

Pisces Feb. 20 - March 20
Your emotional experiences are more intense than usual today. However, don't worry about this. It's just the Moon passing through a certain part of your chart.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



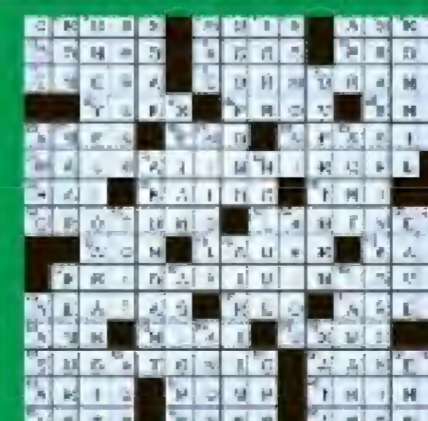
metronews
Tell us how you really feel.

Join our online reader panel and help make your Metro even better. metronews.ca/panel

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games





Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.

